



2010 Class Timetable

Commencing Monday January 11th

Time	Monday	Tuesday	Wednesday
6.15 – 7.00	Dancercise	Aerostep	Total Fitness
7.05 – 7.35	Shape n Sculpt	B. L. T	Tai Chi

Dancercise - A high tempo cardiovascular workout that is great for fun, fitness and fat loss using a combination of **dance moves** for all fitness levels.

Shape N Sculpt - Sculpt and shape your body with this mid tempo toning class

Aerostep - Step into shape with this high tempo fat burning combination of aerobics and step aerobics

B.L.T - Get those bums, legs & tums into shape after the festive season with this mid tempo toning class

Total Fitness - Get your blood pumping and your body **shaking!** This is a full body circuit training workout to burn fat and tone the body for maximum results.

Tai Chi - An ancient Chinese form of exercise, low tempo, suitable for all ages and abilities. A body and mind must have to improve your health & wellbeing.



Please Note

- Classes are free for members
- Policy of first come first served is in place
- Minimum no. participants required for classes
- Water bottles and a towel should be used in classes
- Instructors may change
- Suitable clothing & footwear to be worn
- Please arrive 10 mins early to ensure entry
- Pay as you go or block booking options available, €5 for short classes, €7 for longer classes